

SERIES STUDY GUIDE

FITNESS **x**

OUR CAPACITY TO HANDLE THE TRIALS OF LIFE

21 DAYS
PRAYER + FASTING
SPIRITUAL FITNESS GUIDE

LIVE STREAMED ON THE [GRANDVIEW CHURCH APP](#) | [FACEBOOK](#) | [YOUTUBE](#) | [GRANDVIEWSDA.COM](#)

21 DAYS PRAYER + FASTING SPIRITUAL FITNESS GUIDE

HOW TO BEGIN

WITH THIS DAILY DEVOTIONAL,
YOU WILL BE GIVEN DIFFERENT TOPICS AND SCRIPTURES EACH DAY.
CARVING OUT A SPECIFIC TIME TO SPEND WITH GOD AND HAVING A PHYSICAL LIST IN FRONT OF YOU TO PRAY OVER WILL
MOTIVATE YOU TO KEEP GOING WHEN IT SEEMS IMPOSSIBLE! PRAY FOR WHAT YOU ARE BELIEVING FOR PERSONALLY,
AS WELL AS THE THINGS WE ARE BELIEVING FOR TOGETHER AS GRANDVIEW SDA CHURCH.

PREPARING SPIRITUALLY

BE HONEST WITH GOD.
LET HIM KNOW WHERE YOU NEED HELP.
ASK THE HOLY SPIRIT TO REVEAL AREAS OF WEAKNESS.
INVITE HIM TO CHALLENGE AND CHANGE YOU OVER THE COURSE OF YOUR FAST.
WATCH AS HE EXPANDS YOUR VISION AND STRENGTHENS YOUR FAITH.

DECIDING HOW TO FAST

FASTING IS ABOUT GIVING SOMETHING UP FOR A TIME IN ORDER TO SEEK GOD IN A DEEPER WAY.
IT'S NOT ABOUT LOSING WEIGHT; IT'S ABOUT GAINING VISION! THE TYPE OF FAST YOU CHOOSE IS UP TO YOU.
YOU CHOOSE TO DO THE DANIEL FAST, AS IT ALLOWS FOR FOOD AND IT HELPS TO ESTABLISH HEALTHY EATING HABITS.
WHETHER YOU CHOOSE TO FOLLOW BIBLICAL EXAMPLES AND GIVE UP FOOD OR APPLY
THE SAME PRINCIPLE TO OTHER AREAS OF LIFE LIKE TV OR SOCIAL MEDIA,
WE BELIEVE THAT AS YOU REMOVE DISTRACTIONS YOU WILL HEAR FROM GOD IN A CLEARER WAY.
BEFORE MAKING ANY DRASTIC DIETARY CHANGES, PLEASE CONSULT WITH YOUR HEALTHCARE PROFESSIONAL.

WEEK ONE

MUSCULAR STRENGTH AND ENDURANCE

SUNDAY

GOD IS MY STRENGTH AND DEFENSE: [EXODUS 15:1-4](#)

MONDAY

THE JOY OF THE LORD IS YOUR STRENGTH: [NEHEMIAH 8:10](#)

TUESDAY

GOD IS OUR REFUGE AND STRENGTH: [PSALM 46:1-3](#)

WEDNESDAY

THE LORD IS OUR STRONG TOWER: [PROVERBS 18:10](#)

THURSDAY

STRENGTHEN ME ACCORDING TO YOUR WORD: [PSALM 119:28](#)

FRIDAY

STRENGTHENED AND UPHELD BY GOD'S HAND: [ISAIAH 41:9-10](#)

SATURDAY

MY STRENGTH IS PERFECT IN WEAKNESS: [2 CORINTHIANS 12:9-10](#)

BIBLE STUDY

WORDS
FROM
GOD

WEEK TWO

CARDIO-RESPIRATORY ENDURANCE

SUNDAY

LORD, THAT YOU ARE THE STRENGTH OF MY HEART: [PSALM 73:26](#)

MONDAY

OUR PRAYERS HAVE THE CAPACITY TO MOVE EVEN MOUNTAINS: [MARK 11:22 – 25](#)

TUESDAY

PRIVATE PRAYER LEADS TO PUBLIC DISPLAYS OF STRENGTH: [MATTHEW 6:6-8](#)

WEDNESDAY

AGREEING TOGETHER IN PRAYER WITH OTHERS: [MATTHEW 18:19,20](#)

THURSDAY

THE IMPORTANCE OF THE HOLY SPIRIT TO PRAY FOR US: [ROMANS 8:26,27](#)

FRIDAY

HEALING PRAYER AND THE EFFECTIVENESS OF THE PRAYERS OF THE RIGHTEOUS: [JAMES 5:13-18](#)

SATURDAY

INNER STRENGTH IS ESSENTIAL: [EPHESIANS 3:16](#)

PRAYING

WORDS
TO
GOD

WEEK THIRDS

FLEXIBILITY AND MOBILITY

SUNDAY

DO NOT BE ASHAMED OF THE TESTIMONY ABOUT OUR LORD: [2 TIMOTHY 1:8](#)

MONDAY

BEING PREPARED TO MAKE A DEFENSE TO ANYONE WHO ASKS: [1 PETER 3:15](#)

TUESDAY

FOR I AM NOT ASHAMED OF THE GOSPEL OF CHRIST, FOR IT IS THE POWER OF GOD: [ROMANS 1:16](#)

WEDNESDAY

YOU WILL RECEIVE POWER, AND BE WITNESSES TO OTHERS: [ACTS 1:8](#)

THURSDAY

LET YOUR LIGHT SO SHINE BEFORE OTHERS: [MATTHEW 5:16](#)

FRIDAY

HOW WILL ANY HEAR AND BELIEVE WITHOUT A WITNESS?: [ROMANS 10:14](#)

SATURDAY

I WILL GIVE POWER TO MY TWO WITNESSES: [REVELATION 11:3-5](#)

SHARING

WORDS
ABOUT
GOD